WHAT’S HAPPENING IN YOUR CAFÉ?

National School Lunch Week – Celebrate with us October 15th – 19th! Did you know that school lunch professionals serve 30 million students each day!? 

New Elementary Menu Items – We are excited to announce that our new menu for elementary schools will now include both a main AND alternate entrée offered to all students! Be sure to check out the following new menu items for the month of October:
- Sunbutter & Jelly Sandwich
- Apple Cinnamon Dipper Grab-N-Go Meal
- Hummus Grab-N-Go Meal
- Pizza – New & Improved Recipe!

Our team will be visiting elementary schools throughout the month of October to hear what students think about their menu options.

FOOD & WELLNESS

Elementary Nutrition Education – Our nutrition education program is underway for the 18/19 SY! We are kicking things off at Ingalls and Connery Schools, where our dietitian visits 2nd graders once a week. Students get the chance to learn about the importance of eating from all five food groups, and how to stay healthy at school and home.

Dedicated Crop Program – Straight from the Farm to Your Cafeteria! This unique program supports local farms by sourcing local produce from area farms to put on our school menus. This past month we served fresh corn on the cob from Confreda Farms in Hope, RI.

FEATURED RECIPE

Butternut Squash Soup

INGREDIENTS
Salt, to taste
Pepper, to taste
1/8 tsp Olive Oil
2 cups Fresh Butternut Squash, Cubed
1/4 cup Fresh Onion, Diced
1/4 cup Fresh Celery, Diced
1 Bay Leaf
1 tsp Oregano
1 tsp Nutmeg
1 1/2 cups Vegetable Broth

DID YOU KNOW?

Squash contains fiber which can help you feel fuller and more satisfied for a longer time.

STEPS
1. Heat oil in a stockpot over medium heat.
2. Add butternut squash, celery and onion. Cook until onion and celery has softened, about 3 minutes.
3. Add the bay leaf, oregano, nutmeg, salt, pepper, and vegetable broth.
5. Carefully pour contents into a blender and puree until smooth. Do this in batches if needed.
6. Return strained soup to pan to warm before serving.
7. Serve an Enjoy!

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